

Minestrone Soup Recipe

Recipe courtesy Ellie Krieger for Food Network Magazine

Total Time: 45min

Prep: 15 min Cook: 30 min

Yield: 6 – 2 cup servings Level: Easy

This soup will freeze well.

2 tablespoons extra-virgin olive oil

1 large onion, diced

4 cloves garlic, minced

2 stalks celery, diced

1 large carrot, diced

1/3 pound green beans, 1/2 -inch pieces (about 1 1/2 cups)

1 teaspoon dried oregano

1 teaspoon dried basil

Kosher salt and freshly ground pepper

1 28 -ounce can no-salt-added diced tomatoes

1 14 -ounce can no-salt-added crushed tomatoes

6 cups low-sodium chicken broth (1 1/2 qt)

1 15 -ounce can low-sodium kidney beans, drained and rinsed

1 cup elbow pasta

Garnish

1/3 cup finely grated parmesan cheese

2 tablespoons chopped fresh basil



**Soup is Good Food and
better when home made**

Directions

1. Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds.

2. Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the green beans, dried oregano and basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes.
3. Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes.
4. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes. Taste and adjust seasoning .
5. Ladle into bowls and top with the parmesan and chopped basil.

Per serving (2 cups): Calories 260; Fat 8 g (Saturated 2 g); Cholesterol 5 mg;
Sodium 560 mg; Carbohydrate 37 g; Fiber 10 g; Protein 15 g

<http://www.foodnetwork.com/recipes/ellie-krieger/minestrone-soup-recipe.print.html> 9/22/2014
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